This guide covers only a few places of northern Japan, or "Tohoku" as it's called in Japanese, namely, the Towada-Hachimantai National Park shared by Aomori, Akita and Iwate Prefectures.

This park, 85,411 ha. in area, is made up of 2 separate areas of Lake Towada and the Hachimantai Plateau, touching on the borders of Akita, Aomori and Iwate Prefectures. This district is blessed with natural wonders, which have been left unmanumed to this day.

Abundant Onsen (hot springs) are natural blessings of the district, forming relaxing Onsen here and there. Most of them are small and unsophisticated, giving you a chance to meet local people and experience real country life. A bus network covers all the tourist spots, but service is not very frequent and in some areas it is suspended during the wintertime due to heavy snow and a cold climate. Also bus schedules often change with the season. It is good to remember this when you plan a trip to this district.

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**Access:**

**By Air**

<table>
<thead>
<tr>
<th>From</th>
<th>To</th>
<th>Operated by</th>
<th>Approx. Travel Time</th>
<th>Access to Downtown</th>
</tr>
</thead>
<tbody>
<tr>
<td>Hanada (Tokyo)</td>
<td>Aomori Airport</td>
<td>JAL</td>
<td>1 hr. 25 min.</td>
<td>By Bus (10 min.)</td>
</tr>
<tr>
<td>Itami (Osaka)</td>
<td></td>
<td>JAL, ANA</td>
<td>1 hr. 40 min.</td>
<td></td>
</tr>
<tr>
<td>New Chitose (Sapporo)</td>
<td></td>
<td>JAL, ANA</td>
<td>45 min.</td>
<td></td>
</tr>
</tbody>
</table>

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**By Rail (JR)**

<table>
<thead>
<tr>
<th>From</th>
<th>To</th>
<th>Operated by</th>
<th>Approx. Travel Time</th>
<th>Price</th>
</tr>
</thead>
<tbody>
<tr>
<td>Tokyo Sta.</td>
<td>Morioka Sta.</td>
<td>Teihoku Shinkansen, &quot;Hayabus&quot; or &quot;Hayate&quot;; Akita Shinkansen or &quot;Kamachi&quot;</td>
<td>2 hrs. 15 min. (Hayabus)</td>
<td>¥14,540 (Hayabus)²</td>
</tr>
<tr>
<td>Tokyo Sta.</td>
<td>Shin-Aomori Sta.</td>
<td>Teihoku Shinkansen, &quot;Hayabus&quot; or &quot;Hayate&quot;</td>
<td>3 hrs. 10 min. (Hayabus)</td>
<td>¥19,710 (Hayabus)²</td>
</tr>
<tr>
<td>Morioka Sta.</td>
<td>Katsun-Harawa Sta.</td>
<td>Hanawa Line (Local) via JR East Galaxy Line (IGK)²</td>
<td>2 hrs.</td>
<td>¥1,970 or ¥2,140</td>
</tr>
<tr>
<td>Tokyo Sta.</td>
<td>Tazawako Sta.</td>
<td>Akita Shinkansen or &quot;Kamachi&quot;</td>
<td>2 hrs. 55 min.</td>
<td>¥16,170*²</td>
</tr>
</tbody>
</table>

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**Transportation within Towada-Hachimantai National Park**

<table>
<thead>
<tr>
<th>From</th>
<th>To</th>
<th>Approx. Travel Time</th>
<th>Price</th>
<th>Ticketing &amp; Operator</th>
</tr>
</thead>
<tbody>
<tr>
<td>Aomori Sta.</td>
<td>Lake Towada (Yamuno)²</td>
<td>3 hrs. 10 min.</td>
<td>¥3,090</td>
<td>&quot;Misumi&quot; by JR East Pay in cash²</td>
</tr>
<tr>
<td>Hachimantai Sta.</td>
<td>Towada City or Oirase Stream²</td>
<td>2 hrs. 15 min.</td>
<td>¥2,670</td>
<td>&quot;Oirase&quot; by JR East Pay in cash²</td>
</tr>
<tr>
<td>Morioka Sta.</td>
<td>Hachimantai Peak²</td>
<td>2 hrs. 5 min.</td>
<td>¥1,360</td>
<td>Northern Iwate Transportation Pay in cash²</td>
</tr>
<tr>
<td>Tazawako Sta.</td>
<td>Tamagawa Onsen or Goshogake Onsen²</td>
<td>2 hrs. 15 min.</td>
<td>¥2,050</td>
<td>Ute Kansai Bus Pay in cash²</td>
</tr>
</tbody>
</table>

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*Not in scale.

See PG-202
MORIOKA and SANNRIKU FUKKO
(Reconstruction) National Park

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For further information, contact the Japan National Tourism Organization in your country.

See PG-204
KAKUNODATE
LAKE TAZAWA
AKITA CITY and
OGA PENINSULA

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*For fare & express charge (with seat reservation, normal season).
**Passes issued by JR East covering this area can be used on IGK section. Additional charge (¥650) is required for nationwide Japan Rail Pass holders.

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*Available between late Apr. and late Oct. (early Nov.)
**Nationwide Japan Rail Pass and regional JR East Passes are accepted.
LAKE TOWADA AREA

Lake Towada (十和田湖), one of the top scenic gems in Japan with its delicate sylvan beauty, many waterfalls and rapids, is the most popular tourist spot in the Tohoku district. The surrounding mountains and the 2 capes of Ogura and Nakayama projecting into the lake are bright with lush greenery in spring and ablaze in autumn with the crimson of maple leaves. For a closer look at the lake scenery you can take a sightseeing boat.

[Sightseeing boat] Course A: Between Yasumiya and Nenokuchi. Course B: From Yasumiya to Yasumiya (round). Fare: ¥1,400 per ride (50 min. each). Operation: Between late Apr. and early Nov.

Sukayu Onsen (酸ヶ湯温泉), 1 hr. 10 min. by bus from Aomori Sta., has been known for the curative powers of its mineral waters for over 300 years. The spa is famous for a gigantic bath called Sen’ninburo (千人風呂 Bath for 1,000 people).

The Hakkoda Mountains (八甲田山), a high plateau consisting of a series of 1,300–1,585 m-high mountains, extend between Aomori City and Lake Towada. An aerial cable car goes to the 1,324 m-high Tamoyachi Peak in 10 min. from Ropeway-ekima bus stop which is reached in 1 hr. by bus from Aomori Sta. The round-trip fare for ropeway is ¥1,850 (¥2,000 from Apr. 2019). The alpine plants growing in clusters, the virgin forests of acerose trees, marshes, swamps and Onsen scattered on the mountains attract many tourists.

Oirase Stream (奥入瀬渓流), 2 hrs. by bus from Aomori or 1 hr. 25 min. by bus from Hachinohe to Yakeyama, is the only stream whose source is in the lake. It flows north for about 14 km from the eastern shore of the lake, through a thickly wooded valley. A leisurely stroll of the 9-km-long promenade between Ishigedake and Nenokuchi is a “must” for a visitor to fully appreciate the wonder and beauty of this natural treasure. The areas in autumn are ablaze with tinted leaves, presenting one of the loveliest sights to be seen in the Tohoku district. Rental cycles are available at Nenokuchi and Yakeyama.

Accommodation numbers ①-⑩ correspond to the page 4/4

SUGGESTED TOUR ITINERARY

1st Day:
3 hrs. 10 min. Tokyo ——— Shin-Aomori ——— Tohoku Shinkansen “Hayabusa”
1 hr. 15 min. Sukeyu Onsen ——— bus

2nd Day:
55 min. Sukayu Onsen ——— bus ——— Yakeyama ——— walk ——— Nenokuchi ——— bus ——— Towada (Yasumiya)

3rd Day:
50 min. Yasumiya ——— walk ——— Hachinohe Sta. ——— bus ——— Tokyo
2 hrs. 5 min. Sightseeing boat
2 hrs. 50 min. Tohoku Shinkansen “Hayabusa”

[Note] Please reconfirm the latest bus schedule before you visit.
Hachimantai Plateau (八幡平) is located to the south of Lake Towada and ranges over the prefectures of Akit and Iwate. The plateau, chiefly composed of conide, aspite or aspithoidal volcanoes such as Iwate, Koma, Hachimantai, Chausu and Yakeyama, maintains remnants of ancient volcanic activity here and there in the form of boiling mud pools as well as steam and smoke vents. Many of these places have been developed as hot spring resorts, primitive as they are, offering rest places for visitors.

Goshogake and Toshichi are the most favored of these resorts. The plateau offers ideal mountaineering and skiing and is noted for its abundance of natural wonders and its variety of alpine plants. The summit of Mt. Hachimantai (1,613 m) soaring in the approxi-mate center of the plateau, can easily be reached by the Hachimantai Aspite Line, a 27.8-km-long road running across the plateau.

Goshogake Onsen (後生掛温泉), about 2 hrs. by bus from Tazawako Sta., is noted for its abundance of hot water. Here 7 types of bath and box-type steam baths are available. In the neighborhood such volcanic phenomena as "muddy volcano (doro-kazan)" and "hot-water swamp (oyunuma)" can be observed. Open: 9:00–16:00 Fee: ¥1000

Goshogake Nature Trail (後生掛自然研究路) is a 2 km-long promenade allowing observation of the volcanic phenomena. Closed: Nov. – Apr.

Toshichi Onsen (藤七温泉), lying at an altitude of 1,400 m at the foot of Mt. Mokko which rises 3.5 km south of Mt. Hachimantai, serves as a base for springtime skiing. Closed: Late Oct. - mid Apr.

Horaiyko (蓬莱場), or "Land of Eternal Youth," extending over the northern side of Toshichi Onsen, is a natural garden grown over with dwarfed pine trees and various alpine plants. The natural colors in early Oct. are particularly magnificent. There are also many fantastic rock formations. 40-min. trekking course is available.

Genta-mori (源太森), 20 min. on foot to the east of Mt. Hachimantai, commands a fine view of Hachimana-numa pond and other swamps below and Mt. Yakeyama (1,366 m) in the distance.

Hachimana-numa Pond (八幡沼), the only crater lake of an aspite volcano in Japan, comes in sight after 30-min walk from Hachimantai-chojo (top) bus stop. Walking around the pond takes about 1 hour while enjoying flowers. The alpine plants blooming in Jul. to Aug. are worth seeing.

[Note] Recommended to wear trekking shoes when you visit slippery nature trails.
## Accommodations:

<table>
<thead>
<tr>
<th>Name of facilities</th>
<th>Tel.</th>
<th>Fax.</th>
<th>Room rate (¥)</th>
<th>Name of facilities</th>
<th>Tel.</th>
<th>Fax.</th>
<th>Room rate (¥)</th>
</tr>
</thead>
<tbody>
<tr>
<td>Lake Towada:</td>
<td></td>
<td></td>
<td></td>
<td>Lake Towada:</td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>①Shuzanso (M)</td>
<td>(0555)62-5481</td>
<td>(0555)62-6071</td>
<td>¥</td>
<td>①Hosokai Yado (R)</td>
<td>(0186)31-2131</td>
<td>(0186)31-2002</td>
<td>¥</td>
</tr>
<tr>
<td>②Hotel Towadasou (H)</td>
<td>(0176)75-2221</td>
<td>(0176)75-2225</td>
<td>¥</td>
<td>②Hachimantai Plateau: ②Hosokai Yado (R)</td>
<td>(0186)31-2311</td>
<td>(0186)31-2312</td>
<td>¥</td>
</tr>
<tr>
<td>③Towadasko Sansou (M)</td>
<td>(0176)75-2710</td>
<td>(0176)75-2819</td>
<td>¥</td>
<td>③Sanzui (R)</td>
<td>(0186)31-2221</td>
<td>(0186)31-2223</td>
<td>¥</td>
</tr>
<tr>
<td>④Towadasko Grand Hotel (H)</td>
<td>(0176)70-6001</td>
<td>(0176)75-2525</td>
<td>¥</td>
<td>④Goshogake Onsen Ryokan (R)</td>
<td>(0186)31-2111</td>
<td>(0186)31-2647</td>
<td>¥</td>
</tr>
<tr>
<td>⑤Towadasko Lake View Hotel (H)</td>
<td>(0176)75-1500</td>
<td>(0176)75-1555</td>
<td>¥</td>
<td>⑤Hachimantai Kogen Hotel (R)</td>
<td>(0195)78-2256</td>
<td>(0195)78-2818</td>
<td>¥</td>
</tr>
<tr>
<td>⑥Towadasko Prince Hotel (H)</td>
<td>(0176)73-3111</td>
<td>(0176)73-3110</td>
<td>¥</td>
<td>⑥Hachimantai Rising Sun Hotel (H)</td>
<td>(0195)78-2170</td>
<td>(0195)78-2173</td>
<td>¥</td>
</tr>
</tbody>
</table>

### Remarks:
- ① - ⑥ correspond to those on the map page 2/4 & 3/4
- H = Hotel
- R = Ryokan
- Y = Youth Hostel
- M = Minshuku (family-run inn)

Rate per person:
- ¥¥¥¥ = more than 15,000 yen
- ¥¥¥ = 8,001 yen - 15,000 yen
- ¥¥ = 8,000 yen or less

### Good to know
Admission and opening times at tourist attractions:
- Last entry to the most of attractions is 30 min. before the closing time.
- In general, if their weekly closing day (most are on Mon.) falls on a national holiday, they are open on the day and are closed on the following day after the holiday(s).
- Most are closed throughout / a part of New Year holiday period (especially Dec. 29-Jan. 3).
- Please visit the official website of each place / your nearest tourist information center for the updates.

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**JNTO TIC (Tourist Information Center)**

JNTO TIC of Japan National Tourism Organization is your helping hand while in Japan. Its main services are providing travel information and free literature on Japan such as tourist spots, transportation, and suggesting tour itineraries, etc.

1F, Shin-Tokyo Bldg., 3-3-1 Marunouchi, Chiyoda-ku, Tokyo 100-0005
Tel. 03-3201-3331 (in Japan)
Open daily from 9:00 to 18:00 (closed on Jan. 1)

**Goodwill Guide Groups** offer tourists from overseas local tours guided in English or other languages. The guides are registered with JNTO and display the badge shown. As they are volunteers, there is no charge for their service. You are only expected to pay for their transportation, admission to tourist facilities if you visit any and their meals if you eat with them.

JNTO Website
https://www.jnto.go.jp

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TOURIST INFORMATION in the area

Aomori Tourist Information Center (JR Shin-Aomori Sta.):
140-2 Ishitakensu, Aomori city, Aomori
Hours: 8:30-19:00 (-17:00 on Dec. 31 & Jan. 1)
Tel. 017-752-6311

Iwate Tourism Association:
3F of Malas Bldg., 2-9-1 Morioka-eki Nishi-dori, Morioka city, Iwate
Hours: 8:30-17:15
Closed: Weekends, national holidays & Dec. 28-Jan. 3

To find other Tourist Information Centers, visit https://tic.jnto.go.jp/

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JNTO Website: https://www.jnto.go.jp

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